



# The Guiding Star

H.J.B. Elementary Guidance and  
Counseling Program Newsletter

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Judia Gallinger  
School Counselor

## Winter Guidance Lessons

### *More Guidance Groups to start in February*

Small Guidance Groups continue with a fourth round of enrollment soon.

This time there will be added to the other topics, ones on creative problem solving called Girl Power for 4th grader girls and Wise Guys for fourth grade boys.

Cool Cats for 1st-3rd and AIM for 4th and 5th graders both deal with anger regulation.

Kinder Pals, Pickle Pals, Good Chums, and Girl Pals all deal with friendship building for K—3rd grades, respectively.

Participation in a small Guidance Group requires written permission.

Topics for the third and fourth round of guidance lessons were as follows:

Kindergarteners were read a story about kindness then asked to identify what was kind and how they can be kind to others. They also learned about angry feelings and how to handle small problems that may lead to anger.

First graders were given the opportunity to demonstrate their individual style of dancing! They learned that although feeling mad is normal, some angry behaviors can be unkind.

Second graders had fun making puppets out of paper bags to resemble a puppy as a kindness of helping the dog character, Wagner, not feel left out. They then practiced introducing their

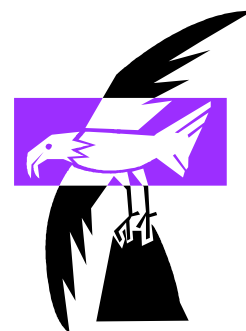
puppies to Wagner and learned, through a role-play, how to solve a problem in a peaceful way.

Third graders used the paper robots they made last time to learn communication skills that help identify problems and feeling that result from small conflicts among peers.

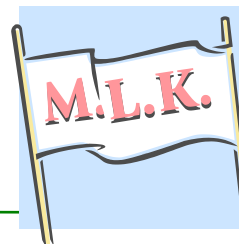
Fourth graders learned to state clearly the parts of a situation that cause conflicts and how to find solutions that are fair and lasting. They learned that the reason people have conflicts is because people have different ideas, needs, and opinions about situations.

Fifth graders learned nine strategies for solving conflicts peacefully. They

practiced, through a game with the strategies printed on cards, how to use the strategies in 14 different scenarios.



Respect



## MLK Day and No Name Calling Week

This year Martin Luther King's birthday celebration falls on the beginning of what is called "No Name Calling Week". During this time teachers around the nation impress upon students to always be respectful to one another. Being kind and respectful is always expected at Hilda J. Barbour Elementary School. Guidance lessons in January and throughout the spring emphasize this ideal. Students in grades two through fifth will be asked questions on a survey to determine how well HJB

rates on "no name calling" and "no bullying".

Students are taught that bullying is defined as a repeated behavior intended to (and does) frighten or cause harm to another. Behaviors include verbal, written, or physical threats, physical harm, exclusion from a group on a regular basis, harassing notes, phone calls, or text messaging. Please encourage your child to report bullying whenever it occurs and as soon as it occurs.